



Highlights

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219 Washington Street

Wellesley, MA 02481

Office Hours: Monday through Friday 9:00 a.m.-4:00 p.m.

(781) 235-3961

<http://www.wellesleyma.gov/coa>

Registration for programs listed in this newsletter will begin on Tuesday, April 29 (Wellesley residents) and Wednesday, April 30 (non-residents).

Registration remains open for all programs unless otherwise noted, as long as space is available.

Class registration and payment policy: Please make sure to register and pay for your class(es) at least one business day in advance of the scheduled session start date. Failure to do so may result in cancelation of the class, if the minimum # of students is not met, or cancelation of your space in the class, if we have a wait list.

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May is National Older Americans Month!

On Thursday, May 8 at 10:30 a.m., the COA will be celebrating YOU with a special breakfast program, *Hats Off To Seniors!*
See page 5 for details!



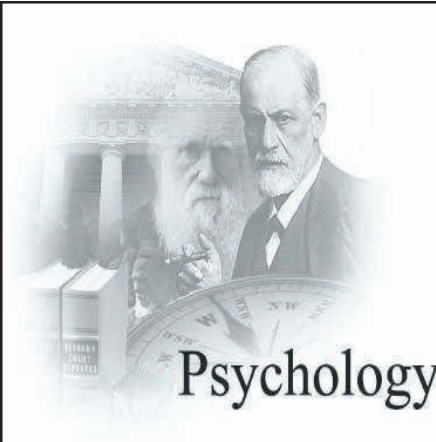
Friendly faces of the COA staff!

Left to Right: Lois, Gayle, Kait, Jill, Lorraine, Ashley and Linda

HOLIDAY SCHEDULE:

COA is closed and the bus will NOT run on Monday, May 26

Lifelong Learning Course: Pre-registration required.



Course: Psychology of Late Adult Development

The COA welcomes Christina Belogour, Ph.D. for a 5-week course titled, Psychology of Late Adult Development, on Tuesdays from 10-12 noon. Dr. Belogour is a psychology professor at Bay Path College, a private women's college. Her course will investigate the following questions: What are the psychological and social issues of late adulthood? What is "optimal" or successful aging? What are the main personality issues of late adulthood? What is unique about relationships in late adulthood? What is the moral of the story of old age? For Dr. Belogour's complete syllabus, please contact Ashley Shaheen, Senior Activities Coordinator at ashaheen@wellesleyma.gov or by phone at (781) 235-3961. The cost of this program is \$25.00. The minimum number of students is 10 and the maximum number is 50. Dates are as follows: May 6, 13, 20, 27 and June 3. Only if needed, the make-up date will be on June 9 from 10-12 noon. 10% of proceeds will go to COA programming fund.

Phenomenal Presentations: Pre-registration required.

TRIAD

Friday, May 9 at 10:00 a.m.

The Norfolk County Division (Public safety) will be showing a DVD from the National Institute on Aging titled "Go4Life Everyday Exercises." Designed for older adults, this DVD features strength, balance, and flexibility exercises that can be done at home, at work, at the gym—almost anywhere. The DVD will demonstrate the exercises and provide tips to motivate viewers to be more physically active. Complimentary donuts and coffee will be provided.

The Options for Senior Medication Management

Friday, May 23 at 10:00 a.m.

Learn about this program, offered by United Cerebral Palsy of MetroBoston (UCP), a nonprofit organization dedicated to providing quality services to a wide range of people living in the Boston area. The program aims to assist seniors that may be experiencing difficulties managing their medications safely and independently. Utilizing a grant through Springwell, a case manager and RN from UCP will meet with individuals, assess their needs, and help to address any and all issues pertaining to proper medication management.

Oral Hygiene

Friday, May 30 at 10:00 a.m.

Dr. Emrey Moskowitz-Porath of Wellesley Family Dental will be presenting a patient education program on Oral Hygiene. All pre-registered guests will get a free gift to help ensure you are taking good care of your oral hygiene. For more information about Wellesley Family Dental please visit their website at www.wellesleyfamilydental.com

Reverse Mortgage

Friday, June 6 at 10:30a.m.

David Tourtillott, CRMP® from Homestead Mortgage will be hosting a workshop to inform Wellesley seniors on the pros and cons of reverse mortgages and how to use a reverse mortgage to age in place or to downsize into a smaller, more affordable home. Complimentary donuts and coffee will be served.

Understanding Your Options

Friday, June 27 at 10:00a.m.

Candy Costas from Private Care Solutions (a private care company that focuses on customer service and client personal service) will present this educational program geared towards the healthcare consumer. This program discusses the differences among assisted living, skilled nursing, and short- and long-term rehab. It also answers questions about after-hospital options, hospice, and long-term care insurance. *The COA also offers a Housing Options Tour Program. Please see page 4 for details.*

Transportation Options

Monday, June 16 at 10:30am

Join Jill Dube, Transportation Options Coordinator for an informational presentation on all the different transportation options. The options are constantly changing so be sure to keep yourself well informed. Light refreshments will be provided.

Drop-in Office Hours

State Representative Alice Peisch

Monday, May 12 from 10:00-11:00 a.m.

People will be seen on a first come-first served basis.

*Upcoming Evening & Weekend Lecture Series Programs:**These lectures are co-sponsored by the Wellesley Council on Aging and the Wellesley Free Library***“ Terrorism, Civil Liberties, and the Constitution”****Thursday, May 29, 2014 at 7:00 p.m.**

Former Wellesley resident, author, attorney, and noted scholar in the fields of constitutional law, civil liberties, the jury, and political theory, Jeffrey Abramson is currently Professor of Law and Government at the University of Texas at Austin. His presentation will shed light on the many controversial issues terrorism brings to our society, including domestic surveillance of American citizens, drone strikes that may affect us all, free speech issues, religious tolerance, and military detention centers such as Guantanamo Bay.

Erica Hirshler, Croll Senior Curator of Paintings, Art of Americas, Museum of Fine Arts, Boston**Thursday, June 12, 2014 at 7:00 p.m.**

Erica Hirshler is a recognized expert on John Singer Sargent. Among her many publications, she has written a book about Sargent's famous painting of the Boit sisters and a book about American women artists of the late 19th to early 20th century. Ms. Hirshler was the senior curator for the highly acclaimed exhibit at the Museum of Fine Arts about Sargent's watercolor paintings and the distinguished co-author of the book that accompanies the exhibit. We are delighted to welcome Ms. Hirshler to our lecture series.

*Computer Workshops**Co-sponsored by the Friends of the Wellesley Council on Aging and Friends of the Wellesley Free Library**Call the Wellesley Main Library (781-235-1610 x1105) to register. Limited Space. Priority to Wellesley seniors.***Thursday, May 15, 1:00-3:00 p.m. : Understanding Web Searching**

The Internet is a great source for information, but how does it work? In this hands-on workshop, we'll look at structuring a web search and finding the information that you need. We will talk about the tools and steps of web searching and make sure that you get the information that you need.

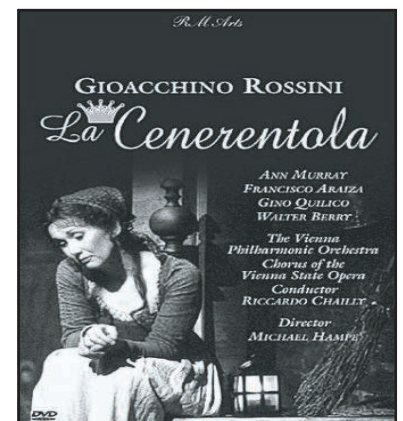
**Thursday, June 12: 1:00 -3:00 p.m.: Online Shopping**

Online shopping can be convenient and cost effective. In this workshop, we'll look at how to make online purchases, discuss safety, and answer all of your questions about becoming an online shopper.

*An opera pre-talk by Helen Sagan: “The Opera Lady”***Location: Hills Branch Library, 210 Washington Street****Thursday, May 8 at 6:30 p.m.**

The Wellesley Council on Aging and the Friends of the Wellesley Free Library present *Exploring Opera: La Cenerentola* by Gioacchino Rossini. Imagine the regular Cinderella story with an Italian twist! Rossini presents a tug-of-war between the dysfunctional Ramiro family and a sly royal tutor who enables the young lovers, Prince Ramiro and Cenerentola, to marry. This presentation is meant to enhance the enjoyment of the “HD Live at the MET” performance of *La Cenerentola* in local theaters on Saturday, May 10, and to provide background information and musical selections from the opera to all participants.

This event is free and open to the public.



Classes: Pre-registration required.

Genealogy Classes

Seema Kenney, of the Upton Historical Society, the New England Historical Genealogical Society, the Association of Professional Genealogists, and the Massachusetts Society of Genealogists leads the sessions.

Thursday, May 29 at 10:00a.m. ~ Using the Internet for Genealogy ~ Both subscription and free websites can aid you in finding information and records about your ancestors and the times in which they lived.

Thursday, June 12 at 10:00a.m. ~ About Face! ~ "Start with yourself" are among the first words of advice to a beginning genealogist. Take those words to heart and look ahead at the gift you are leaving to your descendants about yourself. Cost: \$5.00 per class or \$10.00 for both classes. Min #7 and Max #20.



Shakespeare Class

Tuesdays, May 20, 27, June 3 and June 10 from 9:30-10:30 a.m.

Stephen Collins believes that as a reader of Shakespeare he must approach the text like an actor to make it come alive. He and his students will work together to demystify the language. You will study some famous soliloquies. Collins would like to have class members do dramatic readings of some of the scenes. In addition to Shakespeare plays, students will study at least 8 sonnets. (Only if needed, a make-up date will be on Tuesday, June 17 from 9:30-10:30 a.m.) Cost is \$50.00 per person. Min #6 and Max #16

Digital Camera Workshops - Fridays, May 2, 9, 16 from 3:00-4:00p.m.

As part of his Leadership class at Wellesley High School, Fred Kelly will be offering free digital camera classes. Participants should bring equipment and cords to the workshops. Transportation may be available through the Volunteer Driver's Program - please call to inquire #508-479-9301.

Housing Options Tour Program: Building upon the success of our new program, the COA continues to schedule tours once per month to assisted, independent or memory care living facilities.

These tours provide an opportunity for you to plan ahead for your future living needs. Pre-registration required.

Join us on Monday, May 19 as we will visit the Heritage at Framingham!

Itinerary:

12:00 p.m. Pick up at COA
12:45 p.m. Lunch at Heritage at Framingham
1:45 p.m. Tour of facility
2:30 p.m. Entertainment by accordionist, Eddy Marando!
3:30 p.m. Departure/return to COA

Description of the Facility:

Heritage offers two settings: "Classic" that provides independent and assisted living and "Homestead" which provides assisted living for Alzheimer's disease and other progressive memory impairments. This program has specific structured activities that are social, emotional, spiritual, educational and exercise as well as personal care. Both settings offer studios and one-two bedroom apartments, personal care, housekeeping, transportation, maintenance, three meals a day, security... and lots of fun! **Maximum 12**



On Thursday, June 26 we will visit The Carriage House at Lee's Farm in Wayland!

Itinerary:

10:30 a.m. Pick up at COA
11:00 a.m. Tour of The Carriage House in Wayland
11:45 a.m. Dining with music
12:30 p.m. Departure/ return to COA

Description of the Facility: The Carriage House at Lee's Farm is an Independent, Assisted, and Memory Care Assisted Living Residence. The Carriage House offers 2- bedroom, 1- bedroom and studio apartments for independent and assisted living residents. A secure memory care neighborhood of 29 apartments is within the community. All residents receive personalized care plans to fit their needs.

Maximum 12.



Socials and Events: Pre-registration required.

HATS OFF TO SENIORS!

Thursday, May 8 at 10:30a.m.

Celebrate National Older Americans Month with a public concert by folksinger and storyteller Tim Van Egmond. His program celebrates the wit, wisdom, and spirit of seniors with tales, tunes, and songs ranging from the rib-tickling to the spine-tingling to the heart -warming. He accompanies himself on a wide variety of traditional instruments, including guitar, hammered dulcimer and limberjack (a wooden puppet that taps out a rhythm on a paddleboard). His dynamic talent, warmth and humor create a moving and enjoyable experience for all. Light breakfast included. This program is supported in part by a grant from the Wellesley Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.



SENIOR ART SHOW

The Wellesley Council on Aging and Waterstone at Wellesley invite you to our 2nd Annual "Senior Art Show." Join us to view the varied pieces created by these talented individuals. The gallery will be hosted at Waterstone at Wellesley (27 Washington Street) and will be open to the public for guided tours from Sunday, May 11 through Tuesday, May 13 from 12:00-4:00p.m. The community celebration is Saturday, May 10 from 1:00-4:00p.m. For more information or to schedule a group tour, contact Leah Spada at 781-235-1614, or email lspada@waterstoneatwellesley.com

LET'S JAM!

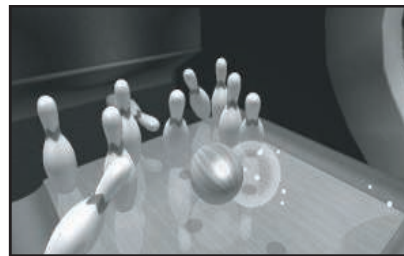
Looking for a fun, social AND musical activity? Dana Hall School of Music is hosting a monthly **String Jam!** This event is FREE and open to anyone (all ages welcome!) who plays a stringed orchestral instrument (Violin, Viola, Cello or Bass) at an advanced beginner level. As this newsletter goes to print we do not have the dates for the next Jam. Please contact the COA if you are interested in participating in the next jam.



IT'S PARTY TIME!

Friday, June 13 at 3:00p.m.

Do you celebrate a birthday in the months of May or June? If so, grab your friends and family and join in the fun at the COA. If it is not your birthday month, come and celebrate with your friends at the COA. The more the merrier! Once again, we will be amazed by the very talented Newton Swing Band! Thank you to the Friends of the Wellesley Council on Aging for providing refreshments. Transportation may be available from the Volunteers Drivers program. Please call 508-479-9301 at least 3 business days in advance.



Wellesley Council on Aging WHJWC 3rd Annual Wii Bowling Tournament

Everyone is invited to participate or just watch our 3rd Annual Wii Bowling Tournament, complete with Trophies for the winners!! Join the fun on **Monday, June 9 at 9:30a.m.** when our Wellesley Hills Junior Women's Club volunteers will facilitate this event. Everyone is invited to bowl - even if you don't want to be in the Tournament. Trophies will be awarded to the top 3 scorers. Our wonderful WHJWC volunteers will provide special refreshments. The winners will be featured in the next issue of our newsletter. All are welcome!!

Socials and Events: Pre-registration required.

LET'S GOLF AT NEHOIDEN!
Wednesday, June 4 at 8:30a.m.

Nehoiden Golf Club again opens its golf course, free of charge, to all Wellesley residents age 60 and over for a 9- hole round of golf on Wednesday, June 4. Tee-off is at 9 a.m. (shotgun start). Golfers are welcome to meet at the Golf House on the sixth hole just above the parking lot for refreshments at 8:30 a.m., and will be given their cards at that time. Nehoiden is a walking course. Motorized carts are not allowed so each golfer must bring his/her own golf clubs and pull carts. Parking is available in the lot on Rt. 16 across from the Wellesley College Club. In case of inclement weather, the alternate date will be Wednesday, June 25 at 8:30 a.m. Golfers will be notified by 3:00 p.m. the day before if there will be a postponement. There is no charge for this event, but pre-registration is required. You may reserve as a twosome, threesome, or foursome with friends, or register yourself and we will find a foursome for you. Thank you to the Friends of the Wellesley Council on Aging for donating giveaways and raffle prizes. The maximum number of golfers is 35!



Thank you to our volunteers Betsy, Barbara and Sue (in photo above) for planning this spectacular event!

LUAU!

Thursday, June 5 from 12:00-2:00p.m.

It's not summertime unless you have a LUAU. Join the COA's first luau celebration. A luncheon with a Polynesian twist will be served along with a Polynesian Dance Show featuring a Hula Aloha Dancer at 1:00pm. A special thanks goes to our very generous sponsor, The Mary Ann Morse Healthcare Center in Natick, MA for sponsoring this lively, fun-filled afternoon. For more information on their facility, please view their website: www.maryannmorse.org.



DANCE CALIENTE!

Monday, June 9 at 1:00p.m.

Come see Eileen Herman-Haase and Paul Nieves, owners of Dance Caliente, perform many of your favorite dances from the past through the present.

Waltz~ Charleston~ Peabody~ Argentine~ Tango~ Salsa~ Foxtrot

Not only will they take your breath away with their dancing, but they will dazzle you with exciting period costumes, tell you amusing "historical" stories about the dances and energize you with mini dance lessons right from your seats. This program is supported in part by a grant from the Wellesley Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Classes: Pre-registration required.

Magic Class

Thursdays, May 15, 22, 29 and June 5 from 1:00-2:30 p. m.

The COA welcomes back Gil Stubbs, experienced magician and host of the Wellesley Cablevision show, "Gil Stubbs' World of Magic," for a course in close-up magic. In this four-week course, you will learn magic with cards, coins, dollar bills, string, rope, rubber bands, pens, paper clips, tableware, napkins and handkerchiefs.

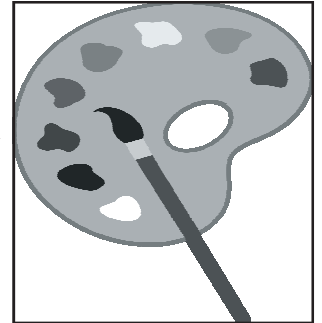
Each student will get a set of notes that describes each trick in detail. *Only if needed, the make-up date will be June 12, same time as class.* Minimum 6 Maximum 10 Cost \$30.00.



Acrylic Painting Class

Maris Platais will begin another 8 -week session of his popular class. All ability levels are welcome. Classes include one-on-one critiques and demonstrations of painting techniques, with emphasis on design, perspective, color mixing, atmosphere and color harmony. Dates are as follows: May 28, June 4, June 11, June 25, July 2, July 9, July 16, July 23 (No class June 18) **Time: Wednesdays**

from 1:30-3:30 pm. Only if needed, the make-up date will be Monday, July 28, same time as class. Minimum 8 Maximum 12. Please call the COA for a supply list. Cost \$108.00.



Food Lovers Delight: Pre-registration required.

Breakfast Club

Join us for a delicious breakfast and a delightful time with friends. The Breakfast Club will enjoy breakfast at **Captain Marden's** (279 Linden Street, Wellesley, MA) on **Tuesday, May 13 at 8:00a.m.** and **Three Squares** (669 Highland Ave, Needham, MA) on **Tuesday, June 24 at 8:00 a.m.** Choose your own breakfast and pay for it at that time. Please do call us at least one week in advance and let us know if you will join us. **Maximum 12.**

Delicious Dining Group

Everyone is welcome to meet our group for lunch at **Jin's Asian Cuisine & Sushi Bar** (11 Washington Street, Wellesley, MA) at **12:00 noon on Wednesday, May 7** and **Alta Strada** (92 Central Street, Wellesley MA) on **June 11 at 12:00 noon.** Choose your own lunch and pay for it at that time. Please do call us at least one week in advance and let us know if you will join us. **Maximum 12.** Open until filled!

Day Trip: Pre-registration required.


Wellesley COA presents... Charles Riverboat and Cheesecake!

Friday, June 27, departure at 9:00 a.m. and return approximately 4:30p.m.

Bloom Tours and the Wellesley COA just love Boston, and this 90-minute tour, hosted by Charles Riverboat Company, offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin. The tour is narrated by a guide from Boston By Foot and co-sponsored by BSA Space, a center for architecture and design and includes landmarks such as Marriott's Custom House, the Prudential Building, and the Hancock tower, as well as cutting-edge contemporary design by today's top architects. These are simply the best waterfront views of Boston and Cambridge. Following the cruise you will be treated to lunch at The Cheesecake Factory and then a visit to the Waterworks Museum. If you have a passion for architecture, this is the tour for you. *Cost \$82.00.* Full payment due upon reservation. Refunds are available if cancellation is received before May 27. Minimum 30.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>MAY</h1> <p>You're invited to the 2nd Annual "Senior Art Show"! Open to the public for guided tours from Sunday, May 11 through Tuesday, May 13 from 12:00-4:00p.m. The community celebration is Saturday, May 10 from 1:00-4:00p.m. Please see page 5 for details.</p>				
9am 9:30-11:30 10:00-12:30 12:30-3 Walking (Lib) Wii Art for Fun (Warren) Bridge	9:30-11:00 10:00 11:15-12:45 11:45 12:30 1:30-2:30 Yoga Psychology of Late Adult Development Yoga Lunch Cribbage Keep Well - 315 Weston Road	9 am 9:30-10:30 9:30-11:00 9:30-11:30 10:00-11:00 10:30-12 11:00-12:00 12:00-12:00 Cuisine & Sushi Bar 1:00-2:30 1:00-4:00 1:30-3:30 Walking Group COA Coffee Comm Bears Scrabble/Cards Keep Well (COA) Meet the Composer Chess Jin's Asian French SHINE Acrylic Painting	9:30-10:30 9:30-10:30 10:00-11:25 1-2 1-4 2:00-3:30 Book Discussion Group Better Bones Baseball (Warren) Line Dancing MahJong An Opera Pre-talk: La Cenerentola (Hills Lib)	11:45 12:45 3:00-4:00 Lunch Movie: Saturday Night Fever Digital Camera Class
9am 9:30-11:30 9:30-10:30 10:00-11:00 10:00-12:30 11:00-12:00 12:00 12:30-3:00 Walking (Lib) Wii Better Bones Office Hours with Alice Peisch Art for Fun (Warren) Better Balance Bridge	8:00 9:30-11:00 10:00 11:15-12:45 11:45 12:30 1:30-2:30 Breakfast Club (Captain Marden's) Yoga Psychology of Late Adult Development Yoga Lunch Cribbage Keep Well - Morton Circle	9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1:00-4:00 Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Better Balance French SHINE	9:30-10:30 10:00-11:25 9:30-10:30 1-2 1-4 1:00-2:30 1:00-2:00 1:00-3:00 1:30-3 2:00-3:30 Book Discussion Group Baseball (Warren) Better Bones Line Dancing MahJong Magic Class Line Dancing Understanding Web Searching (Main Lib) Bingo Knitting	11:45 12:45 3:00-4:00 Lunch Movie: Saving Mr. Banks Digital Camera Class
9am 9:30-11:30 9:30-10:30 10:00-12:30 11:00-12:00 12:00 12:30-3 Walking (Lib) Wii Better Bones Art for Fun (Warren) Better Balance Departure from COA to Heritage at Framingham Bridge	9:30-11:00 9:30-10:30 10:00 11:15-12:45 11:45 12:30 1:30-2:30 Yoga Shakespeare Class Psychology of Late Adult Development Yoga Lunch Cribbage Keep Well- 41 River Street	9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1:00-4:00 Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Better Balance NO French SHINE	9:30-10:30 1-4 1:00-2:30 1-2 Better Bones MahJong Magic Class Line Dancing	10:00 11:45 12:45 The Options for Senior Medication Management Lunch Movie: Philomena
COA IS CLOSED BUS WILL NOT RUN	9:30-11:00 9:30-10:30 10:00 11:15-12:45 11:45 12:30 1:30-2:30 Yoga Shakespeare Class Psychology of Late Adult Development Yoga Lunch Cribbage Keep Well- 60 Grove Street	9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1:30-3:00 Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Better Balance French SHINE Acrylic Painting	9:30-10:30 10:00 10:00-11:00 1:00-2:30 1-4 1-2 2:00-3:30 7:00 Better Bones Book Discussion Group Using the Internet for Genealogy (Genealogy Class) Magic Class MahJong Line Dancing Knitting "Terrorism, Civil Liberties, and the Constitution"(Main Lib)	10:00 11:45 12:45 Oral Hygiene Lunch Movie: Gravity



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Alzheimer's disease is devastating to the entire family. Traditions of Wayland is a locally owned assisted living community with an exclusively designed neighborhood for those with memory loss.

Please contact us at 508-358-0700 or traditionsofwayland.com



Traditions OF WAYLAND

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9am 9:30-10:30 9:30-10:30 10:00-12:30 11:00-12:00 12:30-3:00	2 Walking (Lib) Wii Better Bones Art for Fun Better Balance Bridge	9:30-11:00 9:30-10:30 10:00 11:15-12:45 11:45 1-2:30 1:30-2:30	Yoga Shakespeare Class Psychology of Late Adult Development Yoga Lunch Cribbage Keep Well- 315 Weston Road	3 8:30 9am 9:30-10:30 9:30-11:30 9:45-10:45 10:00-11:00 11:00-12:00 11:00-12:00 1:00-2:30 1:00-4:00 1:30-3:30	Golf Day at Nehoiden ⁴ Walking Group COA Community Service Day Coffee Scrabble/Cards Tai Chi Keep Well (COA) Chess Better Balance French SHINE Acrylic Painting	9:30-10:30 12:00-2:00 1:00-2:30 1-4	Better Bones LUAU Magic Class MahJong	5 10:30 11:45 12:45 <i>Jukebox Saturday Night tomorrow night at 7:00pm!</i>				6		
9am 9:30-11:30 9:30-10:30 10:00-12:30 11:00-12:00 1:00 12:30-3	9 Walking (Lib) Wii (3rd Annual Bowling Tournament) Better Bones Art for Fun Better Balance Dance Caliente Bridge	9:30-11:00 9:30-10:30 11:15-12:45 11:45 1-2:30 1:30-2:30	Yoga Shakespeare Class Yoga Lunch Cribbage Keep Well - Morton Circle	10 9am 9:30-10:30 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 12:00-12:00 1:00-2:30 1:00-4:00 1:30-3:30	Walking Group COA Coffee Scrabble/Cards Tai Chi Chess Better Balance Delicious Dining (Alta Strada) French SHINE Acrylic Painting	9:30-10:30 10:00-11:00 1:00-3:00 1-4 2:00-3:30 7:00 Evening & Weekend lecture (Main Lib)	Better Bones About Genealogy (Genealogy Class) Online Shopping (Main Lib) MahJong Knitting Erica Hirshler, Evening & Weekend lecture (Main Lib)	12 11:45 12:45 3:00	Lunch Movie :Dallas Buyers Club Birthday Celebration				13	
9am 9:30-11:30 9:30-10:30 10:30 Transportation Options Presentation 10:00-12:30 11:00-12:00 12:30-3:00	16 Walking (Lib) Wii Better Bones Transportation Options Presentation Art for Fun Better Balance Bridge	9:30-11:00 11:15-12:45 11:45 1-2:30 1:30-2:30	Yoga Yoga Lunch Cribbage Keep Well - 41 River Street	17 9am 9:30-10:30 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1-4:00 1:30-3:30	Walking Group COA Coffee Scrabble/Cards Tai Chi Chess Better Balance French SHINE NO Acrylic Painting	9:30-10:30 1-4 1:30-3:00	Better Bones MahJong Bingo	19 11:45 12:45	Lunch Movie: The Wolf of Wall Street				20	
9am 9:30-10:30 11:00-12:00 12:30-3:00	23 Walking (Lib) Better Bones Better Balance Bridge	8:00 Breakfast Club (Three Squares) 9:30-11:00 11:45 11:15-12:45 1-2:30 1:30-2:30	Yoga Lunch Yoga Cribbage Keep Well- 60 Grove Street	24 9am 9:30-10:30 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1:30-3:30	Walking Group COA Coffee Scrabble/Cards Tai Chi Chess Better Balance French SHINE Acrylic Painting	9:30-10:30 10:30 Departure from COA to Carriage House at Lee's Farm 1-4 2:00-3:30	Better Bones Departure from COA to Carriage House at Lee's Farm MahJong Knitting	26 9:00 10:00 11:45 12:45	Day Trip Departure Understanding Your Options Lunch Movie: 12 Years a Slave				27	
9am 12:30-3:00	30 Walking (Lib) Bridge													

JUNE

JUNE

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FREE FRIDAY MOVIES



All Movies begin at 12:45 p.m. Several of these selections were chosen by our regular movie goers! Share your movie suggestions with Ashley! Please note: If the Friday movie runs longer than 2 hours, and you need a ride home, contact our Volunteer Drivers Program (508) 479-9301 ! Please call at least 3 days in advance to see if a volunteer is available.



- May 2: Saturday Night Fever (1977):** Director John Badham's musical ushered in the disco craze with the character of 19 year-old Tony Manero. By day, Tony's a paint store clerk, but at night, he's polyester-clad stallion who rules a Brooklyn nightspot with his partner, Stephanie. Rated R, 118 minutes.
Get ready to dance the night away on Saturday, May 3 for our evening event, Jukebox Saturday night: Music of the 50s, 60s and 70s! See page 16 for details.
- May 9: Frozen (2013):** After her kingdom is doomed to suffer from eternal winter, intrepid Anna goes on a quest to find her reclusive sister, the Snow Queen, and break the curse. Along the way, Anna teams with eccentric mountaineer Kristoff and his comic reindeer, Sven. Rated PG, 108 minutes.
- May 16: Saving Mr. Banks (2013):** When Walt Disney sets his sights on obtaining the rights to the children's classic, "Mary Poppins", he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack. Rated PG-13, 125 minutes .
- May 23: Philomena (2013):** Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago. Rated PG-13, 95 minutes.
- May 30: Gravity (2013):** As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it, leaving the two floating through space tethered together, with no connection to earth. Rated PG-13, 91 minutes.
- June 6: American Hustle:** This fictionalization of the "Abscam" scandal of the early 1980s follows con man Irving Rosenfeld and his lover, Syndey Prosser, as they help an eccentric FBI agent expose corruption among several members of Congress in New Jersey and Pennsylvania. Rated R, 138 minutes.
- June 13: Dallas Buyers Club:** Loosely based on true events, this drama follows Ron Woodroof, who refuses to accept he'll die in 30 days when he's diagnosed with AIDS in 1986. He extends his life and eventually helps many other AIDS patients by smuggling medications from abroad. Rated R, 117 minutes.
AFTER THE MOVIE STAY FOR THE BIRTHDAY BASH! See page 5 for details.
- June 20: The Wolf of Wall Street:** Martin Scorsese high-rolling Wall Street drama is based on the memoirs of stockbroker Jordan Belfort, whose giddy career—involving audacious scams and confrontations with the FBI and other agencies—ended in federal prison. Rated R, 179 minutes.
- June 27: 12 Years a Slave:** The autobiography of Solomon Northup, a free black man who was abducted from New York state and sold into slavery in the mid-1800s, serves as the basis for this historical drama. Chiwetel Ejiofor stars as Northup, and Brad Pitt plays an abolitionist.

Updates

The Friends of the Wellesley COA (FWCOA)

FWCOA would like to acknowledge all who have donated so generously during our initial fund drive. Donations by individuals and by the business 'Circle of Friends' have already provided substantial funding aimed at supplementing programs and services for the Council on Aging. The FWCOA just celebrated its one-year anniversary about a month ago, and looks forward to helping to create a more vibrant lifestyle for seniors in Wellesley. Funds raised by the FWCOA are directed exclusively for the benefit of the COA. The FWCOA is staffed entirely by volunteers, and no one receives a salary. We appreciate your helping us to get off to a great start. Please take a look at our web-site, www.wellesleyfriendscoa.com We are always seeking a few more skillful and dedicated volunteers. Many thanks!

**If you don't drive, don't let that stop you from getting out!**

The COA bus and the Volunteer Drivers Program are options to help you get to where you want to go. Doctors' appointments are important and these services can help you get to them, but they can also get you to a shopping area to get a new article of clothing, a restaurant for lunch, a coffee shop for relaxing, the library or a bookstore to get a new, good read, and a park for walking or sitting in contemplation. You can even bring a friend! Call the bus 781-938-7841, the Volunteer Drivers Program 508-479-9301, or talk with our Transportation Options Coordinator, Jill Dube, to learn about even more transportation options! **Jill can be reached by cell phone 339-222-3789 or email**

JDube@wellesleyma.gov or join her for coffee on Monday, June 16 at 10:30a.m. and learn your options.



Thank you to the members of the COA Board for your ongoing support.

SHINE**Need help with prescription drug costs?****Prescription Advantage may be your answer!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!** **Who can join?** You may join if you are a Massachusetts resident, eligible for Medicare, who is: 65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple OR under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple. If you are 65 years or older and **not eligible for Medicare**, you can also join and there is **no income limit**. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

SHINE appointments are available at the Wellesley Council on Aging. Please call to schedule your appointment 781-235-3961.

Have you subscribed to COA news?**If not, what are you waiting for ?**

The COA is delighted to offer you the opportunity to receive information, articles and updates via email! This is a great way for you to stay informed and connected! Please visit the COA

website: www.wellesleyma.gov/coa and on the main page you will see the online form where you can view the available options and select all that appeal to you. Options include: program updates & alerts; weekly activity schedule; Tolles-Parsons Center updates; legis-

lative alerts; and volunteer opportunities. You must have a valid email address to subscribe to COA news.

Get fit for the summer! Pre-registration required.

YOGA ~ Instructor: Judy Scribner-Moore

Intermediate Level 2 (prior experience in Level 2 class is a prerequisite): Classes meet on Tues. mornings, 9:30-11:00 a.m.

Intermediate Level 1 (beginners are welcome): Classes meet on Tues. mornings, 11:15 am-12:45 pm

Judy has practiced meditation since 1972 and yoga since 1981, and has been teaching both since 1987. She is skilled at adapting classical yoga postures to meet individual needs, often using chairs, walls and other props to make poses accessible to all levels of experience and mobility. **The cost is \$100.00 for the 8 wk. session. Dates: May 6, 13, 20, 27, 3, 10, 17, 24 (Only if needed, make-up class will be Friday, May 27th same time as original class) Minimum 12 Maximum 18**

Line Dancing ~ Instructor: Regina Sharpe

Bring your smile and join the fun as we line dance every Thursday from 1 -2PM. We are a friendly, happy, group who support each other. You

just may hear one of your favorite songs! **LAST CLASS MAY 29!**

This is a drop-in activity----\$4.00 fee is paid to the instructor each week.



BETTER BONES ~ Instructor: Leslie Worris, MPH, RYT

You will use free weights, resistance bands, balls, and gentle yoga, including body weight resistance, to improve functional muscular strength and endurance. Balance, flexibility and posture work are also included. The loss of muscles that occurs with age is reversible! Increase your bone density and prevent falls. This class is especially designed for students who want to regain strength, freedom of movement and increase metabolism. We will work in a chair, stand, and use a mat on the floor. This is an advanced-beginner to intermediate level class. Please bring 2 sets of free weights, a towel and water. Classes meet Mondays and/or

Thursdays from 9:30am-10:30am. **Min # 15 Max # 25 Mondays (6- wk. session \$42): May 12, 19, June 2, 9, 16, 23 (No class 5/5, 5/26, 6/30) Only if needed, make-up class will be 6/26, 3-4pm. Thursdays (7 -wk. session \$49): May 15, 22, 29, June 5, 12, 19, 26 (No class 5/8) Only if needed, make-up class will be 6/27, 3-4pm**

TAI CHI FOR HEALTH ~ Instructor: Leslie Worris, MPH, RYT

Tai Chi is a form of martial art. It is practiced throughout the world as an effective exercise for health. It consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practiced almost anywhere and is a suitable form of exercise for just about anyone. This class is especially ideal to free up the stiff joints and muscles, and, decrease stress and is good for overall health and balance. Chairs will be available. **Min # 10 Max# 22**

Wednesdays, 9:45-10:45 am: May 14, 21, 28, June 4, 11, 18, 25 (No class 5/7) (7- wk. session \$49) (Only if needed, make-up class will be 6/27, 1-2pm).

BETTER BALANCE, INDEPENDENT& UPRIGHT LIVING ~ Instructor: Leslie Worris, MPH, RYT

Are you afraid of falling? The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, endurance and help maintain your independence. Participants use balls, bands, and weights, and the class incorporates yoga and chi gong. Please bring 2 sets of weights and water. Classes meet on Mondays and/or Wednesdays from 11:00 am-12:00 pm. Beginners are welcome! **Min# 8 Max # 20 Mondays: May 12, 19, June 2, 9, 16, 23 (No class 5/5, 5/26, 6/30) (6-wk. session \$42).(Only if needed, make-up class will be 6/24, 3-4pm) Wednesdays: May 14, 21, 28, June 4, 11, 18, 25 (No class 5/7) (7 -wk. session \$49). (Only if needed, make-up class will be 6/27 , 2-3pm)**

SCHOLARSHIP FUNDS ARE AVAILABLE : The C. Eleanor Genovese Fund was established by Mr. Francis Genovese in honor of his late wife. The fund is intended to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call the COA for more information. Anyone wishing to contribute to this fund should speak with Gayle Thieme, Director of Senior Services 781-235-3961.

Drop in activities: Call for more information - 781-235-3961

COFFEE HOUR: *Wednesday morning from 9:30-10:30a.m.*

COMMUNITY BEARS: *Wednesday morning from 9:30-11:00 a.m.*
Wednesday, May 28 is the final meeting for this year-see you in the fall!

BINGO: *Thursdays, May 15 and June 19 1:30-3pm.* Call the COA to register.

CHECK OUT THE CRIBBAGE CLUB: *Tuesday afternoons from 1-2:30p.m.* Fran Weinberg, our volunteer instructor, provides instruction for those new to the game.

SCRABBLE *Wednesday morning 9:30-11:30 a.m.*

WALKING GROUPS: Meets at the Community Center at **9a.m.** Led by volunteer Jim Reilly. The Monday group meets at the rear of the main library at **9a.m.** with their volunteer leader, Anne Turtle.

BRIDGE: *Mondays, 12:30-3:00 p.m.*

MAH JONG: *Thursdays, 1-4:00 p.m.*

CHESS: *Wednesday mornings 10:30 -11:30a.m.* ***Please note:** May 7 and June 4, chess will start at 11:00 am.*

WII BOWLING: Our awesome volunteers from the Wellesley Hills Junior Women's Club are back to lead our weekly Wii program on **Monday mornings at 9:30 a.m-11:30 a.m.** *3rd Annual Bowling Tournament on Monday, 9 from 9:30-11:30 a.m.* Monday, June 16 is the final meeting for this year-see you in the fall!

COMPUTER ASSISTANCE: Please contact the COA if you need/want computer assistance or other technology needs. There are often volunteers and students willing/able to help but dates/times vary. Please call for info: 781-235-3961.

KNITTING AT THE COA: The group will continue to meet **every other Thursday from 2:00-3:30p.m (starting on May 1).** Special thanks to COA volunteer, Barbara Peacock-Coady for suggesting this new group and for agreeing to help organize!

FRENCH: Did you take French in high school or college? This conversation only class meets **Wednesdays 1:00-2:30 p.m.**, led by volunteers David and Wendy Meyersmith. No class Wednesday, May 21.

BOOK DISCUSSION GROUP: Meets **every other Thursday from 9:30-10:30 a.m (May 1, May 15, and May 29)** at the COA. May 29 is the last group, meet at the COA at 10:00am and then out to lunch. The book group is co-sponsored by the



Volunteerism: *Thank you to all our wonderful volunteers for donating their time and showing they care!*

In this issue of Highlights, the focus is on the Community Service Bears group. This talented group meets every Wednesday morning to sew, stuff and dress (in homemade sweaters) many soft Teddy Bears. These bears are handed out to anyone who needs some extra sunshine. If you would like to join the group in this wonderful community service project or know someone who needs a bear please let us know! You can learn about all our current volunteer needs when you subscribe to COA news and alerts! *See page 7 for details.*

On **Wednesday, June 4**, a wonderful group of 8th graders from the Wellesley Middle School will be joining us for the morning. They will spend time with our Bears group & Walking group, playing games with seniors, performing some cleaning, and bringing refreshments. All are invited to drop in and join the activities.



We welcome Wellesley High School senior, Taylor Visvis, who chose "volunteering for the COA" for his senior project! Taylor will spend 30 hours/week at the COA from April 7 through May 22!

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Or visit www.thpmp.org/sco.

Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.

(From Oct. 1 - Feb. 14 representatives are available
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

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Jukebox Saturday Night!



Join us on Saturday, May 3 at 7:00p.m. for a fun-filled evening of music, dancing, and reminiscing with friends!

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging invite you to “Jukebox Saturday Night: Music of the 50’s, 60’s & 70’s.” This year’s event will take place at a new location: Wellesley College (Tishman Commons-Wang Building). We are excited to welcome the very talented Rick Walsh for LIVE entertainment! As this newsletter goes to print, tickets are selling fast! Call today reserve your ticket!

Cost \$12.00 Start the party early-Join us to see “Saturday Night Fever” on Friday, May 2 at 12:45p.m.

Thank you to our sponsor: Hammond Residential Real Estate, LLC, 40 Grove Street, Wellesley, MA.

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